



Healthy Living Series 2008 Schedule



**Participants must register for each program in order to attend. To register contact the Healthy Aging Program: 468-2772.
Class size is limited.**

Living Well with Chronic Conditions

Living Well with Chronic Conditions Program is designed to help older adults who have a chronic health condition or who have a relationship with someone living with a chronic condition. Topics will include dealing with difficult emotions, exercise, appropriate use of medications, effective communications skills, nutrition, and evaluating new treatments. The program runs for six weeks, once a week, for two and a half hours and will be taught by certified facilitators.

Location	Day of the week	Dates	Time
Calvary Tower 516 E 700 S	Wednesday	July 23 – August 27	2:30 pm – 5:00 pm
Chapman Branch Library 577 S 900 W	Tuesday	September 2 – October 7	1:00 pm - 3:30 pm
Taylorsville Senior Center 4743 S Plymouth View Dr	Thursday	September 11 – October 16	1:00 pm – 3:30 pm
Westside Sunday Anderson Senior Center 868 W 900 S	Monday	September 22 – October 27	12:45 pm – 3:15 pm
Murray-Heritage Senior Center 10 E 6150 S	Thursday	October 2 – November 6	12:30 pm - 3:00 pm
West Jordan Senior Center 8025 S 2200 W	Wednesday	November 5 – Dec 17 (skip Nov 26)	9:30 am - 12:00 pm
Midvale Senior Center 350 W Park St (7610 S)	Wednesday	January 7 – February 11 (2009)	10:00 am – 12:30 pm
Friendly Neighborhood Senior Center- 1992 S 200 E	Thursday	January 22 – February 26	10:00 am -12:30 pm